

TRAVEL + LEISURE

MAY 2002

continental quests

Always wanted to ride the Tour de France or climb every mountain in Switzerland? Now you can. Here, 10 ways to get your outdoor fix this summer



SUNRISE
INTERNATIONAL

800-RIVER-30

www.SunriseExpeditions.com

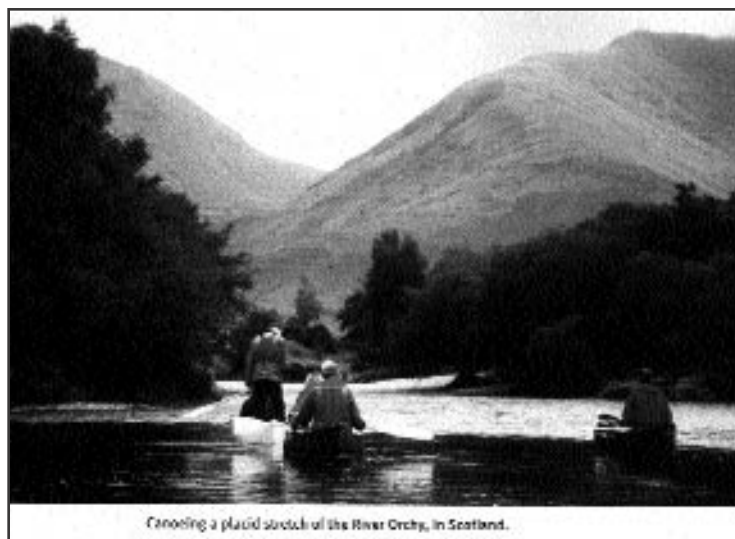
BY MARK VAN DE WALLE

Canoeing

LEVEL OF DIFFICULTY: LOW TO MODERATE | If you want to get to know the Scottish Highlands, the river approach is best.

SCOTLAND

Since the towns grew up along the waterways, you'll see them the way they were meant to be seen. "You get the hidden views," says Sunrise Expeditions guide Martin Brown, "the parts away from the roads." On this 10-day trip, you'll paddle the River Orchy through the foothills of Ben Nevis, Britain's tallest mountain, and pole your boat across Rannoch Moor, one of the Highlands' most stunningly remote areas. And there's no better way to reach a pub in the heart of single-malt country than on the same water they use to make the whisky. The prospect of the next day's whitewater should be an incentive not to overindulge in the local product. **SUNRISE EXPEDITIONS, 800/748-3730; www.sunrise-exp.com; guided trip, September 12-21; \$3,150, including accommodations, meals, and gear.**



Canoeing a placid stretch of the River Orchy, in Scotland.

